

Orange Pork Chops

Sweet potatoes and oranges are a wonderful pairing to pork chops. Enjoy this flavorful dish with a side of brown rice.

Makes: 2 servings

Ingredients

- 1 teaspoon oil
- 2 pork chops
- 1 medium sweet potato, peeled and cut into ½-inch slices
- ½ medium orange, sliced
- 1 dash cinnamon?(optional)
- 1 dash salt?(optional)
- 1 dash black pepper? (optional)



Directions

1. Preheat oven to 350°F.
2. Place sweet potato slices on half of a baking dish and place in oven.
3. Heat oil in a skillet over medium high heat. Brown pork chops on both sides.
4. Add pork chops to baking dish with sweet potato slices and top with orange slices; sprinkle with seasonings as desired.
5. Cover and bake for 20-30 minutes until pork chops are tender. Baking time will vary depending on thickness of pork chops.

Recipe from: *Simply Seniors Cookbook*, Utah State University Cooperative Extension, adapted by the USDA Food and Nutrition Administration.

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